



SURF LIFE SAVING
QUEENSLAND

2024/2025 INDIVIDUAL POOL SWIM FORM– SRC/BRONZE

Bronze Medallion: 400m in 9mins or less

Surf Rescue Certificate: 200m in 5 mins or less

Note: This form can only be completed by an Endorsed Delegate. This includes the Club Chief Training Officer, current SLSA Bronze Medallion and SRC Trainers and Assessors, Level 1 Swim Coach or another person appointed by the Chief Training Officer.

Members Name: _____

DOB: _____

Members Club: _____

Location that Pool Swim was conducted: _____

I certify that the member named above completed a pool swim in a pool no less than 25m in length in the time detailed below.

Distance (please tick): ☐ 400m ☐ 200m

Swim Time: _____ **Date:** _____

Endorsed Delegate's Name: _____

Endorsed Delegate's Signature: _____